

UNIVERSITY OF EDUCATION, WINNEBA
FACULTY OF SCIENCE
DEPARTMENT OF HOME ECONOMICS EDUCATION

COURSE TITLE : INTRODUCTION TO SEWING
COURSE CODE : HEC 239
CREDIT : 2
SEMESTER : 1
LECTURER : MRS. E. LANI ASHONG
OBJECTIVES : By the end of the course, students should be able to:

- (a) Identify and explain the characteristics of fibres
- (b) Explain the functions and selection of clothes.
- (c) Identify the tools and equipment of sewing

Teaching Methods

Course will be mainly theory which will involve discussions class and small groups and lecture methods.

WEEK	TOPIC	CONTENT
1-3	Textiles fibres and fabrics	Textiles fibres, sources identification naming and collective properties
4-5	Social psychological aspects of clothing	Reasons/functions of wearing clothes. Development of Clothing
6-7	Good grooming	
8	Choice of clothes	
9	Obtaining Clothes	Methods of obtaining clothes (buying/making clothes).
10-11	Family Clothing and budgeting	Wardrobe planning for the individuals in the family
12-13	Clothing Management	Care, maintenance and storage of clothes
14	Tools and equipment for sewing	Identification of tools and equipment for sewing.
15-16	REVISION	END OF SEMESTER ASSESSMENT

Students will be expected to write 2 short tests. Students will be notified a week before each test.

REFERENCES

Ghana Home Economics Association, () "Home Economics for Schools" (Books 1, 2 and) Afram Publishers, Accra.

Cream Penelope (1996) "The complete book of Sewing", Bright Arts Ltd, London

Neal Melita M. (1976), "Needlework for schools" Olaiya Fagbamigbe Ltd, Akure

Vanderheff, M.; Franck. L. and Campbell L. (1978) "Textiles for Home & People", Ginn and company, Massachusetts.